

Women's
OPTIMIZATION
PROGRAM

WEEK 1

BLOCK 1

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	4	82.5%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/8ZUUQg23mjs	ECCENTRIC-ACCENTUATED ROMANIAN DEADLIFT	2	4	8	RPE8	2-3 MIN						3-SECOND LOWERING PHASE, KEEPS HIPS BACK, SLIGHT KNEE BEND
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/TEFVVT_NuPg	GOOD MORNING	1	3	10	RPE7	1-2 MIN						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
https://youtu.be/vCHMWlzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	8	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	6	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	6	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/78tm0BT4Miw	DIP	1	3	10	RPE7	1-2 MIN						SLIGHT LEAN FORWARD. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/1m4zHwc--kM	DUMBBELL ROW	1	3	12	RPE7	1-2 MIN						3 SETS FOR EACH ARM. USE A FLAT BENCH TO SET UP. PULL WITH YOUR ELBOWS AND STOP AT THE POCKET.
https://youtu.be/YZDTXP550rw	CONSTANT-TENSION DUMBBELL LATERAL RAISE	0	3	12	RPE10	1-2 MIN						NO PAUSING AT THE BOTTOM. LEAD WITH YOUR ELBOWS. SWING "OUT" NOT "UP"
https://youtu.be/r3b944bM6To	HIGH-TO-LOW FACE PULL	0	3	15	RPE8	1-2 MIN						PULL YOUR ELBOWS UP AND BACK
https://youtu.be/qxAySNdkDmE	DUMBBELL ALTERNATING CURL	0	3	12	RPE8	1-2 MIN						SUPINATE DURING THE CONCENTRIC AND ECCENTRIC. SLOW AND CONTROLLED.
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

WOMEN'S OPTIMIZATION PROGRAM

WEEK 1 / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AawoMMBw6rs	CONSTANT-TENSION BARBELL HIP THRUST	3	2	20	RPE9	2-3 MIN						ONLY DO THE TOP HALF OF THE RANGE OF MOTION. NO PAUSING AT ANY POINT.
https://youtu.be/ntiYM2RI5wA	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	20	RPE9	2-3 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/xQ-1ARKlpIM	KNEE-BANDED LEG PRESS	1	2	15	RPE7	1-2 MIN						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
https://youtu.be/738oMmTUNss	KETTLEBELL SWING	0	2	30	RPE7	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/tFCeZJmF-0g	STABILITY BALL SLIDING LEG CURL	0	2	12	RPE7	1-2 MIN						KEEP HIPS HIGH AND CONTRACT HAMSTRINGS AS YOU CURL THE BALL.
https://youtu.be/hGZgeyXQ1J4	A1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/GE82pgWtzuc	A2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/z9jjr_-wsM	STANDING CALF RAISE	1	2	10	RPE7	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/MgLbQCswgLA	MACHINE CRUNCH	0	2	20	RPE7	1-2 MIN						DON'T YANK WITH YOUR ARMS, CONTRACT ABS TO CRUNCH

Day 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3l-Q	BARBELL BENCH PRESS	3	4	4	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/CLrpaqogyoY	ISOLATERAL PULLDOWN	2	4	12	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
https://youtu.be/flr4ohSI0j8	MACHINE SHOULDER PRESS	1	3	15	RPE7	1-2 MIN						FULLY LOCKOUT EACH REP. PRESS STRAIGHT UP AND FOCUS ON DELTS.
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/UbR4tfpojXc	BARBELL UPRIGHT ROW	1	3	10	RPE7	1-2 MIN						PULL BARBELL UP TO STERNUM. PULL YOUR ELBOWS UP AND OUT.
https://youtu.be/uCV400QMGrM	CABLE REVERSE FLY	1	3	12	RPE7	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK". CONTRACT REAR DELTS.
https://youtu.be/tuRRcmFgMok	PREACHER CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS. KEEP TEMPO SLOW AND CONTROLLED.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	4	2	85%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/c7Im2zPPIwc	PAUSE BARBELL HIP THRUST	2	4	12	RPE8	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
https://youtu.be/SK58IfX5qUE	SMITH MACHINE REVERSE LUNGE	1	3	15	RPE7	1-2 MIN						KEEP YOUR SHIN VERTICAL AND DRIVE THROUGH YOUR HEEL.
https://youtu.be/OegaGp_brPs	DUMBBELL FROG PUMP	1	3	20	RPE7	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	30	RPE7	1-2 MIN						DON'T RUSH THESE. KEEP THEM SLOW AND CONTROLLED.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's
OPTIMIZATION
PROGRAM

WEEK 2

BLOCK 1

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	2	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	2	8	RPE8	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/ntiYM2RI5wA	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	10/10	RPE8	1-2 MIN						DROPSET:10 REPS HIGHER WEIGHT/ 10 REPS LOWER WEIGHT OR BODY WEIGHT. KEEP BACK ROUNDED "THRUST" HIPS INTO PAD.
https://youtu.be/JJjiBawM8u4	A1: LEG EXTENSION	0	2	12	RPE8	30SEC						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
https://youtu.be/qtF4VICzrgc	A2: LYING LEG CURL	0	2	12	RPE8	30SEC						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/ONQa7DSeL5Y	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
https://youtu.be/-hAz07PIGnk	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	7	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	3	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	10	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	1	3	10	RPE7	1-2 MIN						PULL YOUR ELBOWS DOWN AND BACK. FEEL LATS CONTRACTING AND AVOID USING BICEPS.
https://youtu.be/0VvQ6olHi4l	EGYPTIAN CABLE LATERAL RAISE	0	3	8	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/5IKdJ09EXQI	PLATE FRONT RAISE (MYO-REPS)	0	3	12/3/3/3	RPE7	2 MIN						MYO-REPS:12 REPS/REST 5 SECS/ 3 REPS/REPEAT UNTIL FAIL. HOLD PLATE AT 9 AND 3 O'CLOCK. LIFT PLATE TO SHOULDER HEIGHT.
https://youtu.be/fBZV_ToDWnM	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
https://youtu.be/lvL3-3GxGjE	ROPE ELBOW EXTENSION	0	3	15	RPE8	1-2 MIN						STAND WITH SLIGHT BEND AT THE HIPS AND KNEES. PULL ROPE DOWN.

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	4	6	70%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	6	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						INTERNAL ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	8	70%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/_YrXr_iwYFQ	WIDE-GRIP LAT PULLDOWN	2	4	12	RPE8	2-3 min						INITIATE EACH REP VIA SCAPULAR DEPRESSION, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. PULL DOWN AND IN.
https://youtu.be/rPj2QaSVBWs	ARNOLD PRESS	1	3	10	RPE7	1-2 min						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
https://youtu.be/VFcyQ7ZRE7M	PENDLAY ROW	1	3	10	RPE7	1-2 min						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
https://youtu.be/y18whMZfRhY	DUMBBELL LATERAL RAISE	0	3	15/15	RPE8	1-2 MIN						DROPSET: 15 REPS, DECREASE WEIGHT THEN 15 REPS (1 SET)
https://youtu.be/WTgIBtduxlw	PRONE TRAP RAISE	0	3	12	RPE8	1-2 MIN						USE A 45° ANGLE BENCH AND LAY ON YOUR STOMACH ON BACK OF BENCH. RAISE ARMS IN "Y" POSITION.
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	8	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	10	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 2 / DAY 5

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/K07SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
https://youtu.be/E-IKh2yDzgo	BARBELL ROMANIAN DEADLIFT	2	2	12	RPE8	2-3 min						SLIGHT BEND IN KNEES, LOWER AND RAISE BARBELL AS IF YOU ARE SCRAPING THE BAR AGAINST YOUR LEGS AND CHINS.
https://youtu.be/mZpKhRh5njM	COSSACK SQUAT	1	2	10	RPE8	1-2 min						HOLD KETTLEBELL OR DUMBBELL. DRIVE THROUGH YOUR HEELS. SWITCH SIDES WITH A CONTROLLED TEMPO.
https://youtu.be/GLkxU3SB_Uw	A1: SEATED LEG CURL	0	2	15	RPE8	1-2 min						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/738oMmTUNss	A2: KETTLEBELL SWING	0	2	30	RPE8	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/hGZgeyXQ1J4	CABLE GLUTE KICKBACK	0	2	12	RPE8	1-2 MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/z9jjr_-wsM	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/k1H-CF00T3I	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNAL ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT

Women's
OPTIMIZATION
PROGRAM

WEEK 3

BLOCK 1

WOMEN'S OPTIMIZATION PROGRAM

WEEK 3 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	5	82.5%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/8ZUUQg23mjs	ECCENTRIC-ACCENTUATED ROMANIAN DEADLIFT	2	4	8	RPE9	2-3 MIN						3-SECOND LOWERING PHASE, KEEPS HIPS BACK, SLIGHT KNEE BEND
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	12	RPE8	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/TEFVVT_NuPg	GOOD MORNING	1	3	10	RPE8	1-2 MIN						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
https://youtu.be/vCHMWlzs3Gs	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	8	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	8	75%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	6	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/78tm0BT4Miw	DIP	1	3	10	RPE8	1-2 MIN						SLIGHT LEAN FORWARD. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/1m4zHwc--kM	DUMBBELL ROW	1	3	12	RPE8	1-2 MIN						3 SETS FOR EACH ARM. USE A FLAT BENCH TO SET UP. PULL WITH YOUR ELBOWS AND STOP AT THE POCKET.
https://youtu.be/YZDTXP550rw	CONSTANT-TENSION DUMBBELL LATERAL RAISE	0	3	12	RPE10	1-2 MIN						NO PAUSING AT THE BOTTOM. LEAD WITH YOUR ELBOWS. SWING "OUT" NOT "UP"
https://youtu.be/r3b944bM6To	HIGH-TO-LOW FACE PULL	0	3	15	RPE9	1-2 MIN						PULL YOUR ELBOWS UP AND BACK
https://youtu.be/qxAySNDkDmE	DUMBBELL ALTERNATING CURL	0	3	12	RPE9	1-2 MIN						SUPINATE DURING THE CONCENTRIC AND ECCENTRIC. SLOW AND CONTROLLED.
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE9	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	12	RPE9	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AawoMMBw6rs	CONSTANT-TENSION BARBELL HIP THRUST	3	2	20	RPE10	2-3 MIN						ONLY DO THE TOP HALF OF THE RANGE OF MOTION. NO PAUSING AT ANY POINT.
https://youtu.be/ntiYM2RI5wA	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	20	RPE9	2-3 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/xQ-1ARKlpIM	KNEE-BANDED LEG PRESS	1	2	15	RPE8	1-2 min						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
https://youtu.be/738oMmTUNss	KETTLEBELL SWING	0	2	30	RPE8	1-2 min						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/tFCeZJmF-0g	STABILITY BALL SLIDING LEG CURL	0	2	12	RPE8	1-2 MIN						KEEP HIPS HIGH AND CONTRACT HAMSTRINGS AS YOU CURL THE BALL.
https://youtu.be/hGZgeyXQ1J4	A1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE8	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/GE82pgWtzuc	A2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE8	30SEC						INTERNALY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/z9jjr_-wsM	STANDING CALF RAISE	1	2	10	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/MgLbQCswgL	MACHINE CRUNCH	0	2	20	RPE8	1-2 MIN						DON'T YANK WITH YOUR ARMS, CONTRACT ABS TO CRUNCH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	5	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/CLrpaqogyoY	ISOLATERAL PULLDOWN	2	4	12	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
https://youtu.be/flr4ohSI0j8	MACHINE SHOULDER PRESS	1	3	15	RPE	1-2 MIN						FULLY LOCKOUT EACH REP. PRESS STRAIGHT UP AND FOCUS ON DELTS.
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	12	RPE8	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/UbR4tfpojXc	BARBELL UPRIGHT ROW	1	3	10	RPE8	1-2 MIN						PULL BARBELL UP TO STERNUM. PULL YOUR ELBOWS UP AND OUT.
https://youtu.be/uCV400QMGpM	CABLE REVERSE FLY	1	3	12	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK". CONTRACT REAR DELTS.
https://youtu.be/tuRRCmFgMok	PREACHER CURL	0	3	12	RPE9	1-2 MIN						FLEX YOUR BICEPS. KEEP TEMPO SLOW AND CONTROLLED.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	12	RPE9	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	4	3	85%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/c7Im2zPPIwc	PAUSE BARBELL HIP THRUST	2	4	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
https://youtu.be/SK58IfX5qUE	SMITH MACHINE REVERSE LUNGE	1	3	15	RPE8	1-2 MIN						KEEP YOUR SHIN VERTICAL AND DRIVE THROUGH YOUR HEEL.
https://youtu.be/OegaGp_brPs	DUMBBELL FROG PUMP	1	3	20	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	30	RPE8	1-2 MIN						DON'T RUSH THESE. KEEP THEM SLOW AND CONTROLLED.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	20-SEC	RPE8	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's
OPTIMIZATION
PROGRAM

WEEK 4

BLOCK 1

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 1-2

DAY 1: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	2	12	RPE10	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	2	8	RPE9	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/ntiYM2RI5wA	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	10/10	RPE8	1-2 MIN						DROPSET:10 REPS HIGHER WEIGHT/ 10 REPS LOWER WEIGHT OR BODY WEIGHT. KEEP BACK ROUNDED "THRUST" HIPS INTO PAD.
https://youtu.be/JJjiBawM8u4	A1: LEG EXTENSION	0	2	12	RPE9	30SEC						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
https://youtu.be/qtF4VICzrgc	A2: LYING LEG CURL	0	2	12	RPE9	30SEC						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/ONQa7DSeL5Y	MACHINE GLUTE KICKDOWN	0	2	15	RPE10	1-2 MIN						DRIVE DOWN WITH YOUR HEEL TO FOCUS THE TENSION ON THE GLUTES.
https://youtu.be/-hAz07PIGnk	SEATED CALF RAISE	0	2	12	RPE9	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
https://youtu.be/vCHMWlzs3Gs	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE9	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
HTTPS://YOUTU.BE/AZFNDGN-S8A	TOP SET: BARBELL OVERHEAD PRESS	2	1	AMRAP	75%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
HTTPS://YOUTU.BE/AZFNDGN-S8A	BARBELL OVERHEAD PRESS	0	3	8	75%	3-4 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
HTTPS://YOUTU.BE/-NAGF3RCGPA	CHIN-UP	2	4	3	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
HTTPS://YOUTU.BE/P2T9DAXLPB8	DUMBBELL INCLINE PRESS	1	3	10	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
HTTPS://YOUTU.BE/SC1XDVS3J-0	CABLE SEATED ROW	1	3	10	RPE7	1-2 MIN						PULL YOUR ELBOWS DOWN AND BACK. FEEL LATS CONTRACTING AND AVOID USING BICEPS.
HTTPS://YOUTU.BE/0VVQ60LHI4I	EGYPTIAN LATERAL RAISE	0	3	8	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
HTTPS://YOUTU.BE/5LKDJO9EXQI	PLATE FRONT RAISE (MYO-REPS)	0	3	12/3/3/3	RPE7	1-2 MIN						MYO-REPS:12 REPS/REST 5 SECS/ 3 REPS/REPEAT UNTIL FAIL. HOLD PLATE AT 9 AND 3 O'CLOCK. LIFT PLATE TO SHOULDER HEIGHT.
HTTPS://YOUTU.BE/FBZV_TODWNM	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
HTTPS://YOUTU.BE/IVL3-3GXGJE	ROPE ELBOW EXTENSION	0	3	15	RPE8	1-2 MIN						STAND WITH SLIGHT BEND AT THE HIPS AND KNEES. PULL ROPE DOWN.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	TOP SET: BACK SQUAT	3	1	AMRAP	85%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/x1T027SHIUQ	BACK SQUAT	0	3	4	85%	3-4 min						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	4	6	75%	3-5 min						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	6	RPE8	2-3 min						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	3	12	RPE8	1-2 MIN						INTERNALY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	10	RPE8	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	10	70%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/_YrXr_iwYFQ	WIDE-GRIP LAT PULLDOWN	2	4	12	RPE9	2-3 MIN						INITIATE EACH REP VIA SCAPULAR DEPRESSION, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. PULL DOWN AND IN.
https://youtu.be/rPj2QaSVBWs	ARNOLD PRESS	1	3	10	RPE8	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
https://youtu.be/VFcyQ7ZRE7M	PENDLAY ROW	1	3	10	RPE8	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
https://youtu.be/y18whMZfRhY	DUMBBELL LATERAL RAISE (DROPSET)	0	3	15/15	RPE9	1-2 MIN						DROPSET: 15 REPS, DECREASE WEIGHT THEN 15 REPS (1 SET)
https://youtu.be/WTgIBtduxlw	PRONE TRAP RAISE	0	3	12	RPE8	1-2 MIN						USE A 45° ANGLE BENCH AND LAY ON YOUR STOMACH ON BACK OF BENCH. RAISE ARMS IN "Y" POSITION.
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	8	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	10	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 4 / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/K07SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION FOR FIRST 10 REPS/ TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
https://youtu.be/E-IKh2yDzgo	BARBELL ROMANIAN DEADLIFT	2	2	12	RPE9	2-3 min						SLIGHT BEND IN KNEES, LOWER AND RAISE BARBELL AS IF YOU ARE SCRAPING THE BAR AGAINST YOUR LEGS AND CHINS.
https://youtu.be/mZpKhRh5njM	COSSACK SQUAT	1	2	10	RPE8	1-2 min						HOLD KETTLEBELL OR DUMBBELL. DRIVE THROUGH YOUR HEELS. SWITCH SIDES WITH A CONTROLLED TEMPO.
https://youtu.be/GLkxU3SB_Uw	A1: SEATED LEG CURL	0	2	15	RPE8	1-2 min						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/738oMmTUNss	A2: KETTLEBELL SWING	0	2	30	RPE8	1-2 MIN						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/hGZgeyXQ1J4	MACHINE GLUTE KICKBACK	0	2	12	RPE8	1-2 MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/z9jjr_-wsM	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/k1H-CF00T3I	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNAL ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT

Women's
OPTIMIZATION
PROGRAM

WEEK 5

BLOCK 2

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	2	6	80%	2-3 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	8	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GupsTxSmzg8	LEG PRESS	1	3	10	RPE7	1-2 MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
https://youtu.be/vCHMWizS3Gs	MACHINE SEATED HIP ABDUCTION (MYO-REPS)	0	3	15/3/3	RPE8	1-2 MIN						MYO REPS: 15 REPS/REST 5 SEC/3 REPS/REST 5/3 REPS/ UNTIL FAIL. PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/la3mcAUtTC4	PLANK	0	3	30SEC	RPE8	1-2 MIN						FLEX YOUR GLUTES AND DON'T LET YOUR HIPS FALL OR GO UP TOO HIGH. STAY PARALLEL TO THE FLOOR

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	2	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	10	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	12	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/VFcyQ7ZRE7M	PENDLAY ROW	1	3	10	RPE7	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
https://youtu.be/YZDTXP550rw	DUMBBELL LATERAL RAISE PULSE	0	3	30	RPE10	1-2 MIN						ONLY DO THE TOP HALF OF RANGE OF MOTION
https://youtu.be/RDqcEtGi3BI	REVERSE PEC DECK	0	3	15	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK"
https://youtu.be/tuRRcmFgMok	ECCENTRIC-ACCENTUATED PREACHER CURL	0	3	12	RPE8	2 MIN						3 SECOND LOWERING PHASE. SUPINATE DURING THE CONCENTRIC AND ECCENTRIC.
https://youtu.be/BRnNIIALgFM	V-BAR PRESS DOWN	0	3	15	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/c7Im2zPPIwc	PAUSE BARBELL HIP THRUST	3	3	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
https://youtu.be/qtF4VICzrgc	A1: LYING LEG CURL	1	2	20	RPE9	30sec						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/738oMmTUNss	A2: KETTLEBELL SWING	1	2	20	RPE7	30sec						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/JJjiBawM8u4	B1: LEG EXTENSION	0	2	15	RPE7	30sec						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
https://youtu.be/xQ-1ARKIpIM	B2: KNEE-BANDED LEG PRESS	0	2	15	RPE7	30SEC						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
https://youtu.be/hGZgeyXQ1J4	C1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/GE82pgWtzuc	C2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/-hAz07PIGnk	SEATED CALF RAISE	1	2	20	RPE7	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	2	12	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	6	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/CLrpqogyoY	ISOLATERAL PULLDOWN	2	3	10	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
https://youtu.be/rPj2QaSVBWs	ARNOLD PRESS	1	3	12	RPE7	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/N301JWAHtvE	A1: BAND LATERAL RAISE	0	3	30	RPE7	30SEC						LEAD WITH YOUR ELBOW. SWING THE BAND "OUT", NOT "UP"
https://youtu.be/r3b944bM6To	A2: CABLE ROPE FACE PULL	0	3	20	RPE7	30SEC						STAND AND LEAN BACK SLIGHTLY. PULL YOUR ELBOWS UP AND BACK.
https://youtu.be/Dd0t5UOCEUc	B1: EZ BAR CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
https://youtu.be/wxlcSapTHpo	B2: EZ BAR SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 5 / DAY 5

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	4	4	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	2	8	65%	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/ntiYM2RI5wA	BODYWEIGHT ROUND-BACK 45° HYPEREXTENSION	0	3	30	RPE7	1-2 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/XPantXkn-Dg	LATERAL BAND WALK	0	3	30	RPE7	1-2 MIN						PRESS AGAINST THE BAND WITH THE LEADING LEG TO ABDUCT THE HIPS. FEEL SIDE GLUTE CONTRACT.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's
OPTIMIZATION
PROGRAM

WEEK 6

BLOCK 2

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	3	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/xS3e08fdefc	DUMBBELL ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	1-2 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/VfiTjugSDCQ	A1: DUMBBELL WALKING LUNGE	0	2	15	RPE8	30sec						15 STEPS EACH LEG. STEP AND KEEP CHIN PERPENDICULAR TO FLOOR WITH EACH STEP.
https://youtu.be/TEFVVT_NuPg	A2: GOOD MORNING	0	2	10	RPE8	30sec						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
https://youtu.be/ONQa7DSeL5Y	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
https://youtu.be/GLkxU3SB_Uw	SEATED LEG CURL	0	2	12	RPE9	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/-hAx07PIGnk	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	3	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	4	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/NAW0Yg4P4hE	A1: PUSH-UP	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. DON'T LET YOUR HIPS FALL.
https://youtu.be/qMej4KCwReE	A2: INVERTED ROW	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. USE SMITH MACHINE FOR SETUP. DOUBLE OVERHAND GRIP AND PULL TO YOUR CHEST.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN CABLE LATERAL RAISE	0	3	10	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/vLpHw_5IozQ	SEATED FACE PULL	0	3	15	RPE7	1-2 MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	12	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	12	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 6 / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	2	6	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	10	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GE82pgWtzuc	CONSTANT-TENSION CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						NO PAUSE BETWEEN CONCENTRIC & ECCENTRIC. INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	7	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/o59FqNqbYwE	NEUTRAL-GRIP PULLDOWN	2	4	8	RPE8	2-3 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN BY CONTRACTING YOUR LATS.
https://youtu.be/m1GAJ2F0Q_0	DUMBBELL SINGLE-ARM SHOULDER PRESS	1	3	10	RPE7	1-2 MIN						BRACE WITH YOUR ABS. HOLD ONE ARM OUT TO KEEP BALANCE.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	0	3	12	RPE7	1-2 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
https://youtu.be/AeMHXHynsKs	ECCENTRIC-ACCENTUATED DUMBBELL LATERAL RAISE	0	3	10	RPE8	1-2 MIN						3-SECOND LOWERING PHASE. LEAD WITH YOUR ELBOW ON THE CONCENTRIC.
https://youtu.be/5IKdJ09EXQI	PLATE FRONT RAISE	0	3	15	RPE8	1-2 MIN						HOLD AT 9 AND 3 O'CLOCK. RAISE TO SHOULDER HEIGHT
https://youtu.be/fBZV_ToDWnM	BAYESIAN CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	10	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

WOMEN'S OPTIMIZATION PROGRAM

WEEK 6 / DAY 5

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/K07SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
https://youtu.be/Q-xmQxEMpIQ	SMITH MACHINE SUMO SQUAT	1	2	12	RPE8	2-3 MIN						WIDE STANCE WITH TOES OUT. SIT DOWN AND BACK. SQUEEZE GLUTES DURING CONCENTRIC.
https://youtu.be/OegaGp_brPs	A1: DUMBBELL FROG PUMP	0	2	30	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
https://youtu.be/vCHMWIzS3Gs	A2: MACHINE SEATED HIP ABDUCTION	0	2	20	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/qtF4VICzrgc	B1: LYING LEG CURL	0	2	15	RPE8	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/YSsIPZInGKw	B2: CABLE PULL-THROUGH	0	2	15	RPE8	1-2 MIN						USE ROPE AND PULL FROM BETWEEN YOUR LEGS. ENGAGE HIP EXTENSION AND THRUST HIPS FORWARD.
https://youtu.be/z9jjr_-wsM	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/k1H-CF00T3I	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNAL ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT

Women's
OPTIMIZATION
PROGRAM

WEEK 7

BLOCK 2

WOMEN'S OPTIMIZATION PROGRAM

WEEK 7 / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	4	5	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	2	6	80%	2-3 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	8	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GupsTxSmzg8	LEG PRESS	1	3	10	RPE7	1-2 MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
https://youtu.be/vCHMWizS3Gs	MACHINE SEATED HIP ABDUCTION (MYO-REPS)	0	3	15/3/3	RPE8	1-2 MIN						MYO REPS: 15 REPS/REST 5 SEC/3 REPS/REST 5/3 REPS/ UNTIL FAIL. PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/la3mcAUtTC4	PLANK	0	3	30SEC	RPE8	1-2 MIN						FLEX YOUR GLUTES AND DON'T LET YOUR HIPS FALL OR GO UP TOO HIGH. STAY PARALLEL TO THE FLOOR

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	4	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	10	RPE8	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	12	RPE7	1-2 MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/VFcyQ7ZRE7M	PENDLAY ROW	1	3	10	RPE7	1-2 MIN						TORSO PARALLEL TO THE GROUND. DOUBLE OVERHAND GRIP SHOULDER WIDTH. PULL UP STRAIGHT TOWARD YOUR CHEST.
https://youtu.be/YZDTXP550rw	DUMBBELL LATERAL RAISE PULSE	0	3	30	RPE10	1-2 MIN						ONLY DO THE TOP HALF OF RANGE OF MOTION
https://youtu.be/RDqcEtGi3BI	REVERSE PEC DECK	0	3	15	RPE8	1-2 MIN						SWING THE WEIGHT "OUT", NOT "BACK"
https://youtu.be/tuRRcmFgMok	ECCENTRIC-ACCENTUATED PREACHER CURL	0	3	12	RPE8	2 MIN						3 SECOND LOWERING PHASE. SUPINATE DURING THE CONCENTRIC AND ECCENTRIC.
https://youtu.be/BRnNIIALgFM	V-BAR PRESS DOWN	0	3	15	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/c7Im2zPPIwc	PAUSE BARBELL HIP THRUST	3	3	12	RPE9	2-3 MIN						3 SECOND PAUSE AT THE TOP AND SQUEEZE GLUTES.
https://youtu.be/qtF4VICzrgc	A1: LYING LEG CURL	1	2	20	RPE9	30sec						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/738oMmTUNss	A2: KETTLEBELL SWING	1	2	20	RPE7	30sec						FORCEFULLY THRUST YOUR HIPS FORWARD AND SQUEEZE GLUTES AT THE TOP. (DON'T USE YOUR ARMS TO HELP)
https://youtu.be/JJjiBawM8u4	B1: LEG EXTENSION	0	2	15	RPE7	30sec						SQUEEZE YOUR QUADS AT THE TOP. CONTROL THE ECCENTRIC.
https://youtu.be/xQ-1ARKIpIM	B2: KNEE-BANDED LEG PRESS	0	2	15	RPE7	30SEC						HIGH AND WIDE FOOT POSITION. KEEP YOUR KNEES OUT AGAINST BAND.
https://youtu.be/hGZgeyXQ1J4	C1: CABLE STANDING GLUTE KICKBACK	0	2	15	RPE7	30SEC						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/GE82pgWtzuc	C2: CABLE STANDING HIP ABDUCTION	0	2	10	RPE7	30SEC						INTERNALY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
https://youtu.be/-hAz07PIGnk	SEATED CALF RAISE	1	2	20	RPE7	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	2	12	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	4	8	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/CLrpaqogyoY	UNILATERAL PULLDOWN	2	3	10	RPE8	2-3 MIN						PULL YOUR ELBOWS BACK AND DOWN. 4 SETS PER ARM.
https://youtu.be/rPj2QaSVBWs	ARNOLD PRESS	1	3	12	RPE7	1-2 MIN						START W/ TRANSVERSE ABDUCTION, PRESS UP WITH SHOULDER FLEXION. REVERSE ON THE WAY DOWN
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	12	RPE7	1-2 MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/N301JWAHtvE	A1: BAND LATERAL RAISE	0	3	30	RPE7	30SEC						LEAD WITH YOUR ELBOW. SWING THE BAND "OUT", NOT "UP"
https://youtu.be/r3b944bM6To	A2: CABLE ROPE FACE PULL	0	3	20	RPE7	30SEC						STAND AND LEAN BACK SLIGHTLY. PULL YOUR ELBOWS UP AND BACK.
https://youtu.be/Dd0t5UOCEUc	B1: EZ BAR CURL	0	3	12	RPE7	1-2 MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
https://youtu.be/wxlcSapTHpo	B2: EZ BAR SKULL CRUSHER	0	3	12	RPE7	1-2 MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 7 / DAY 5

DAY 5: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	TOP SET: DEADLIFT	4	1	AMRAP	85%	3-5 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	3	5	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	2	8	65%	2-3 MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	12	RPE7	1-2 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/ntiYM2RI5wA	BODYWEIGHT ROUND-BACK 45° HYPEREXTENSION	0	3	30	RPE7	1-2 MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/XPantXkn-Dg	LATERAL BAND WALK	0	3	30	RPE7	1-2 MIN						PRESS AGAINST THE BAND WITH THE LEADING LEG TO ABDUCT THE HIPS. FEEL SIDE GLUTE CONTRACT.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	20-SEC	RPE7	1-2 MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's
OPTIMIZATION
PROGRAM

WEEK 8

BLOCK 2

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	3	12	RPE9	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/xS3e08fdefc	DUMBBELL ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	1-2 min						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/VfiTjugSDCQ	A1: BARBELL WALKING LUNGE	0	2	15	RPE8	30sec						15 STEPS EACH LEG. STEP AND KEEP CHIN PERPENDICULAR TO FLOOR WITH EACH STEP.
https://youtu.be/TEFVVT_NuPg	A2: GOOD MORNING	0	2	10	RPE8	30sec						KEEP YOUR LUMBAR SPINE NEUTRAL. BEND AT THE HIP AND USE YOUR GLUTES AND HAMS TO LIFT YOU UP.
https://youtu.be/ONQa7DSeL5Y	MACHINE GLUTE KICKDOWN	0	2	15	RPE9	1-2 MIN						KEEP TENSION ON THE GLUTES BY DRIVING WITH YOUR HEEL.
https://youtu.be/GLkxU3SB_Uw	SEATED LEG CURL	0	2	12	RPE9	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/-hAz07PIGnk	SEATED CALF RAISE	0	2	12	RPE8	1-2 MIN						PAUSE AT THE BOTTOM AND CONTRACT YOUR CALVES AT THE TOP.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	2	20	RPE8	1-2 MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION (DROPSET)	0	2	15/15	RPE8	1-2 MIN						DROPSET:15 REPS. DROP WEIGHT. 15 REPS.

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	2	4	3	85%	2-3 MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	4	4	RPE9	2-3 MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/NAW0Yg4P4hE	A1: PUSH-UP	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH. DON'T LET YOUR HIPS FALL.
https://youtu.be/qMej4KCwReE	A2: INVERTED ROW	0	3	AMRAP	RPE7	30SEC						AMRAP @RPE7. USE SMITH MACHINE FOR SETUP. DOUBLE OVERHAND GRIP AND PULL TO YOUR CHEST.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN CABLE LATERAL RAISE	0	3	10	RPE7	1-2 MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/vLpHw_5IozQ	SEATED FACE PULL	0	3	15	RPE7	1-2 MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	12	RPE8	1-2 MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/QtZ7Wcbn6fQ	DUMBBELL SKULL CRUSHER	0	3	12	RPE8	1-2 MIN						ONE DUMBBELL IN EACH HAND, GRIP AT BOTTOM OF DUMBBELL. LAY ON A FLAT BENCH OR ON THE FLOOR.

WOMEN'S OPTIMIZATION PROGRAM

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	3	1	AMRAP	85%	3-4 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/x1T027SHIUQ	BACK SQUAT	0	3	4	85%	3-4 MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/4NjbwAbSkYw	DEADLIFT	2	2	6	80%	3-5 MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	1	3	10	RPE7	2-3 MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GE82pgWtzuc	CONSTANT-TENSION CABLE STANDING HIP ABDUCTION	0	3	12	RPE7	1-2 MIN						NO PAUSE BETWEEN CONCENTRIC & ECCENTRIC. INTERNALLY ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT
HTTPS://YOUTU.BE/MFHDPEWDWPG	HANGING LEG RAISE	0	3	10	RPE7	1-2 MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	1	AMRAP	80%	2-3 MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	3	6	80%	2-3 MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/o59FqNqbYwE	NEUTRAL-GRIP PULLDOWN	2	4	8	RPE8	2-3 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN BY CONTRACTING YOUR LATS.
https://youtu.be/m1GAJ2F0Q_0	DUMBBELL SINGLE-ARM SHOULDER PRESS	1	3	10	RPE7	1-2 MIN						BRACE WITH YOUR ABS. HOLD ONE ARM OUT TO KEEP BALANCE.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	0	3	12	RPE7	1-2 MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
https://youtu.be/AeMHXHynsKs	ECCENTRIC-ACCENTUATED DUMBBELL LATERAL RAISE	0	3	10	RPE8	1-2 MIN						3-SECOND LOWERING PHASE. LEAD WITH YOUR ELBOW ON THE CONCENTRIC.
https://youtu.be/5IKdJ09EXQI	PLATE FRONT RAISE	0	3	15	RPE8	1-2 MIN						HOLD AT 9 AND 3 O'CLOCK. RAISE TO SHOULDER HEIGHT
https://youtu.be/fBZV_ToDWnM	CABLE SINGLE-ARM CURL	0	3	15	RPE8	1-2 MIN						LEAN FORWARD AND CURL WITH A SUPINATED GRIP. CONTROL THE ECCENTRIC
https://youtu.be/xudZptjqwYU	ROPE OVERHEAD TRICEPS EXTENSION	0	3	10	RPE8	1-2 MIN						KEEP YOUR ELBOW IN THE SAME POSITION, KEEP CORE TIGHT, SQUEEZE TRICEP

WOMEN'S OPTIMIZATION PROGRAM

WEEK 8 / DAY 5

DAY 5: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/K07SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST / BARBELL HIP THRUST	2	2	10/10	RPE10	3-4 MIN						FIRST 10 REPS: PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION / TAKE IT OFF FOR THE LAST 10 REPS (1 SET)
https://youtu.be/Q-xmQxEMpIQ	SMITH MACHINE SUMO SQUAT	1	2	12	RPE8	2-3 MIN						WIDE STANCE WITH TOES OUT. SIT DOWN AND BACK. SQUEEZE GLUTES DURING CONCENTRIC.
https://youtu.be/OegaGp_brPs	A1: DUMBBELL FROG PUMP	0	2	30	RPE8	1-2 MIN						ELEVATE YOUR HEAD ON A PAD OR BOSU BALL. PUT FEET TOGETHER AND DRIVE UP WITH YOUR GLUTES.
https://youtu.be/vCHMWIzS3Gs	A2: MACHINE SEATED HIP ABDUCTION	0	2	20	RPE8	1-2 MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/qtF4VICzrgc	B1: LYING LEG CURL	0	2	15	RPE8	1-2 MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/YSsIPZInGKw	B2: CABLE PULL-THROUGH	0	2	15	RPE8	1-2 MIN						USE ROPE AND PULL FROM BETWEEN YOUR LEGS. ENGAGE HIP EXTENSION AND THRUST HIPS FORWARD.
https://youtu.be/z9jjr_-wsM	STANDING CALF RAISE	0	2	6	RPE8	1-2 MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/k1H-CF00T3I	LONG-LEVER PLANK	0	2	20-SEC	RPE8	1-2 MIN						MOVE YOUR ELBOWS UP AWAY FROM YOUR FACE TO INCREASE DIFFICULTY
https://youtu.be/GE82pgWtzuc	CABLE STANDING HIP ABDUCTION	0	2	15	RPE8	1-2 MIN						INTERNAL ROTATE YOUR HIPS (TOE POINTED IN) SWING LEG OUT

Women's
OPTIMIZATION
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WEEK 9 (DELOAD

BLOCK 3

WOMEN'S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 1-2

DAY 1: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	BACK SQUAT	4	3	3	75%	3-4MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	3	8	RPE7	2-3MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/xS3e08fdefc	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	3	12	RPE7	2-3MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/vCHMWIzS3Gs	MACHINE SEATED HIP ABDUCTION	0	3	15	RPE8	1-2MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	3	10	RPE6	1-2MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

DAY 2: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	3	3	5	70%	3-4MIN						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/-NagF3rCGpA	CHIN-UP	2	3	6	RPE7	2-3MIN						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	1	3	8	RPE7	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/8raJEV0ksSk	CHEST-SUPPORTED ROW	1	3	10	RPE7	2-3MIN						INITIATE EACH REP VIA SCAPULAR RETRACTION. PULL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/y18whMZfRhY	DUMBBELL LATERAL RAISE	0	3	15	RPE7	1-2MIN						SWING THE WEIGHT "OUT", NOT "UP" LEAD WITH YOUR ELBOW
https://youtu.be/vLpHw_5IozQ	SEATED FACE PULL	0	3	15	RPE7	1-2MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
https://youtu.be/Dd0t5UOCEUc	EZ BAR CURL	0	3	10	RPE7	1-2MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
https://youtu.be/wxlcSapTHpo	EZ BAR SKULL CRUSHER	0	3	10	RPE7	1-2MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 3-4

DAY 3: LOWER BODY HYPERTROPHY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	4	2	80%	3-5MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	3	8	60%	2-3MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/K07SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST	1	3	20	RPE6	2-3MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION
https://youtu.be/qtf4VICzrgc	LYING LEG CURL	0	3	12	RPE6	1-2MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	3	20	RPE7	1-2MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	3	4	8	65%	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/SqcJYIZXGw	PULL-UP	2	3	3	RPE7	2-3MIN						PULL YOUR ELBOWS BACK AND DOWN TOWARDS YOUR WAIST. CONTRACT LATS.
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	10	RPE7	2-3MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	1	3	12	RPE7	1-2MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN LATERAL RAISE	0	3	10	RPE6	1-2MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/PH9IpLhJNmC	DUMBBELL FRONT RAISE	0	3	15	RPE7	1-2MIN						HOLD DUMBBELL WITH NEUTRAL GRIP. CONTRACT FRONT DELT TO RAISE ARM TO SHOULDER HEIGHT
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	8	RPE7	1-2MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/BRnNIIALgFM	V-BAR PRESS DOWN	0	3	10	RPE7	1-2MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 9 (DELOAD) / DAY 5

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	4	4	6	RPE6	3-4MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GupsTxSmzg8	LEG PRESS	2	3	10	RPE7	2-3MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
https://youtu.be/hGZgeyXQ1J4	CABLE STANDING GLUTE KICKBACK	1	3	15	RPE7	1-2MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/z9jjr_-wsM	STANDING CALF RAISE	0	3	12	RPE7	1-2MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	30SEC	RPE7	1-2MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.

Women's
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WEEK 10 (TESTING)

BLOCK 3

WOMEN'S OPTIMIZATION PROGRAM

WEEK 10 (TESTING) / DAY 1-2

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/x1T027SHIUQ	TOPSET: BACK SQUAT	4	1	AMRAP	90%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/x1T027SHIUQ	BACK SQUAT	0	2	5	80%	3-5MIN						SIT BACK AND DOWN, TAKE A DEEP BREATH GOING DOWN AND EXHALE COMING UP.
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	2	2	12	RPE7	2-3MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/xS3e08fdefc	ROUND-BACK DUMBBELL 45° HYPEREXTENSION	1	2	15	RPE8	2-3MIN						KEEP BACK ROUNDED AND LOCK THIS POSITION. CUE "THRUSTING" HIPS INTO PAD.
https://youtu.be/vCHMWIzS3Gs	SEATED HIP ABDUCTION	0	2	12	RPE8	1-2MIN						PUSH KNEES OUT WHILE CONTRACTING GLUTES
https://youtu.be/mfHDPEwdWpg	HANGING LEG RAISE	0	2	10	RPE8	1-2MIN						SLOW AND CONTROLLED (DON'T CHEAT WITH MOMENTUM)

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/COYZec_3I-Q	TOPSET: BARBELL BENCH PRESS	3	1	AMRAP	85%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/COYZec_3I-Q	BARBELL BENCH PRESS	0	2	5	80%	3-4min						45° ELBOW TUCK, HOLD UPPER BACK TIGHT, HANDS SLIGHTLY WIDER THAN SHOULDER WIDTH.
https://youtu.be/-NagF3rCGpA	TOPSET: CHIN-UP	2	1	AMRAP	RPE10	4min						AS MANY REPS AS POSSIBLE WITH GOOD FORM
https://youtu.be/AzfnDGN-s8A	CHIN-UP	0	2	5	RPE7	2-3min						PULL YOUR ELBOWS DOWN AND IN. USE ASSISTANCE OR ADD WEIGHT IF NEEDED
https://youtu.be/8raJEV0ksSk	BARBELL OVERHEAD PRESS	1	3	8	RPE7	1-2MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/y18whMZfRhY	BARBELL BENT OVER ROW	1	3	10	RPE8	1-2MIN						BEND OVER. PULL BARBELL WITH YOUR ELBOWS BACK AND ~45 DEGREES FROM TORSO
https://youtu.be/vLpHw_5IozQ	DUMBBELL LATERAL RAISE	0	3	15	RPE8	1-2MIN						SWING THE WEIGHT "OUT", NOT "UP" LEAD WITH YOUR ELBOW
https://youtu.be/Dd0t5UOCEUc	SEATED FACE PULL	0	3	15	RPE8	1-2MIN						SETUP ON SEATED ROW MACHINE. USE ROPE AND PULL YOUR ELBOWS UP AND BACK
https://youtu.be/wxlcSapTHpo	EZ BAR CURL	0	3	10	RPE8	1-2MIN						FLEX YOUR BICEPS AND MAKE SURE TO CONTROL THE ECCENTRIC.
https://youtu.be/wxlcSapTHpo	EZ BAR SKULL CRUSHER	0	3	10	RPE8	1-2MIN						LAY ON A FLAT BENCH OR THE FLOOR. EXTEND BAR ABOVE YOUR HEAD AND CONTRACT TRICEPS INTO EXTENSION.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 10 (TESTING)) / DAY 3-4

DAY 3: LOWER BODY STRENGTH

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/4NjbwAbSkYw	DEADLIFT	4	1	AMRAP	90%	5MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM. AIM FOR ~4+ REPS
https://youtu.be/4NjbwAbSkYw	DEADLIFT	0	2	3	80%	4-5MIN						DO SUMO OR CONVENTIONAL, WHICHEVER FEELS MORE NATURAL.
https://youtu.be/ue1fcU9fHDA	FRONT SQUAT	2	3	8	60%	2-3MIN						KEEP YOUR CHEST UPRIGHT. DRIVE THROUGH YOUR HEELS.
https://youtu.be/K07SLzLhFkI	KNEE-BANDED BARBELL HIP THRUST	1	3	20	RPE8	2-3MIN						PRESS KNEES OUT AGAINST BAND DURING RANGE OF MOTION
https://youtu.be/qtF4VICzrgc	LYING LEG CURL	0	2	12	RPE7	1-2MIN						SQUEEZE YOUR HAMSTRINGS. CONTROL THE ECCENTRIC.
https://youtu.be/UzVC4oW00rM	BICYCLE CRUNCH	0	3	20	RPE7	1-2MIN						ROLL YOUR PELVIC "UP", CRUNCH AND ROTATE YOUR TORSO ELBOW TO KNEE.

DAY 4: UPPER BODY

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/AzfnDGN-s8A	TOPSET: BARBELL OVERHEAD PRESS	3	1	AMRAP	80%	4MIN						AS MANY REPS AS POSSIBLE WITH GOOD FORM. AIM FOR 10+ REPS
https://youtu.be/AzfnDGN-s8A	BARBELL OVERHEAD PRESS	0	2	6	RPE8	2-3MIN						CLAVICLE TO FULL LOCKOUT. FLEX GLUTES TO PREVENT LUMBAR ROUNDING.
https://youtu.be/SqczJYIZXGw	PULL-UP	2	3	3	RPE7	2-3MIN						PULL YOUR ELBOWS BACK AND DOWN TOWARDS YOUR WAIST. CONTRACT LATS.
https://youtu.be/p2t9daxLpB8	DUMBBELL INCLINE PRESS	1	3	10	RPE7	2-3MIN						SET BENCH TO 45° ANGLE. ELBOW TUCK 30° AND KEEP UPPER BACK TIGHT.
https://youtu.be/sC1xDVs3j-o	CABLE SEATED ROW	1	3	12	RPE7	1-2MIN						NARROW NEUTRAL GRIP (V BAR ATTACHMENT) PULL DOWN AND BACK.
https://youtu.be/0VvQ6olHi4I	EGYPTIAN LATERAL RAISE	0	3	10	RPE7	1-2MIN						PULL THE CABLE BETWEEN YOUR LEGS. SWING YOUR UPPER ARM "OUT" TO THE SIDE.
https://youtu.be/PH9IpLhJNmc	DUMBBELL FRONT RAISE	0	3	15	RPE7	1-2MIN						HOLD DUMBBELL WITH NEUTRAL GRIP. CONTRACT FRONT DELT TO RAISE ARM TO SHOULDER HEIGHT
https://youtu.be/_4qHATQw-9I	DUMBBELL HAMMER CURL	0	3	8	RPE7	1-2MIN						NEUTRAL GRIP THE DUMBBELL, CONTRACT BICEPS AND CONTROL TEMPO.
https://youtu.be/BRnNIIALgFM	V-BAR PRESS DOWN	0	3	10	RPE7	1-2MIN						KEEP YOUR ELBOW IN THE SAME POSITION. CONTRACT TRICEPS AND STAND WITH A SLIGHT BEND IN YOUR HIPS AND KNEES.

WOMEN'S OPTIMIZATION PROGRAM

WEEK 10 (TESTING) / DAY 5

VIDEO DEMO	EXERCISE	WARMUP SETS	WORKING SETS	REPS/TIME	%1RM/RPE	REST	1	2	3	4	LSRPE	NOTES
https://youtu.be/OrFnJjrAEFU	BARBELL HIP THRUST	4	4	6	RPE10	3-4MIN						SQUEEZE YOUR GLUTES AT THE TOP, TUCK CHIN, DRIVE THROUGH HEELS
https://youtu.be/GupsTxSmzg8	LEG PRESS	2	3	10	RPE8	2-3MIN						FEET HIGH AND WIDE. TRY TO FEEL YOUR GLUTES CONTRACTS TO DRIVE THE PLATFORM FORWARD.
https://youtu.be/hGZgeyXQ1J4	CABLE STANDING GLUTE KICKBACK	1	3	15	RPE10	1-2MIN						LEAN FORWARD, KICK FOOT BACK AND SLIGHTLY UP. SQUEEZE GLUTES.
https://youtu.be/z9jjr_-wsM	STANDING CALF RAISE	0	3	12	RPE8	1-2MIN						PRESS UP TO YOUR TOES, PAUSE AT THE BOTTOM AND CONTRACT AT THE TOP.
https://youtu.be/MhAuNeFHfqw	AB VACUUM	0	3	30SEC	RPE8	1-2MIN						RELEASE AIR COMPLETELY. PULL YOUR BELLY BUTTON "IN" AND "UP" AND HOLD.